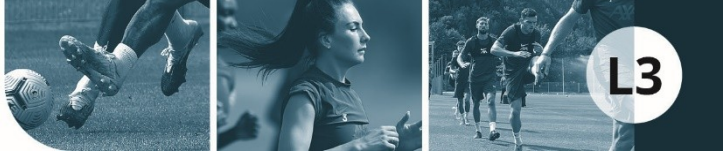
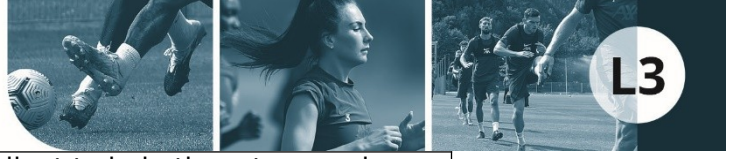


BTEC Assignment Brief

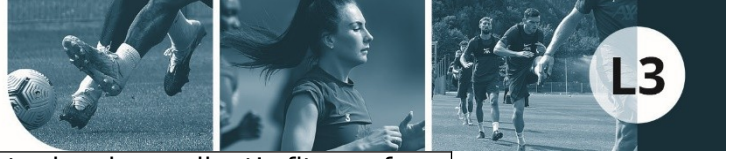
Qualification	Pearson BTEC International Level 3 Qualifications in Sport
Unit number and title	**Unit 6: Exercise and Fitness Skills Development**
Learning aims	A Explore methods of working with and screening clients to improve their lifestyle management B Explore principles of exercise and training to develop fitness safely in an exercise environment
Assignment title	A written report and video/audio evidence covering health and safety, types of exercise and the use of equipment to meet clients' needs in an exercise environment. And, client programme cards and case studies for health and safety.
Assessor	
Issue date	
Hand in deadline	

Vocational Scenario or Context	You have recently started working part-time at a local gym. You have a level 2 fitness instructors' qualification and are keen to work towards your level 3. This would allow you to work with specific groups and exercise referral schemes. Your employer at the gym has given you the opportunity to help instruct clients from specific groups under the supervision of a qualified instructor.

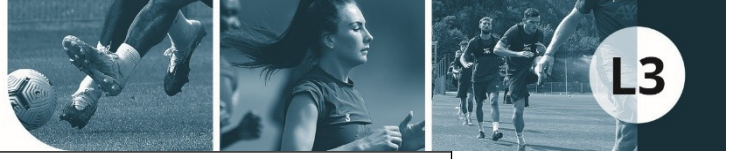
Task 1	Video/audio evidence of the screening process with a client supported by a record of practical activity. Written report and video/ audio evidence focussing on screening activity results, factors affecting safe exercise participation and recommendations based on the results and factors, supported by evidence of completed lifestyle screening activities. A written report and video/audio evidence covering health and safety in an exercise environment which also compares different types of exercise and the use of equipment for clients with different needs. Client programme cards and case studies for health and safety. You will need to interpret the results of lifestyle screening tests for two contrasting clients and justify how the results can have an impact on each client's lifestyle and exercise choices. You should explain any



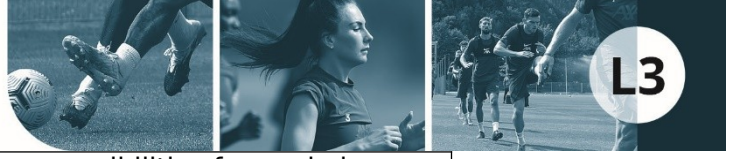
	requirements for each client to help them to exercise safely in relation to the information supplied in the screening processes. You will need to demonstrate appropriate methods to engage with clients and methods that can be used to build a good working relationship and connect with them. You will need to be able to provide suggestions as to what sort of exercises would be suitable for each client, with reasoning and justification from evidence discovered in the screening processes and provide justified reasoning for methods each client could use to improve their participation in regular exercise. You will demonstrate how to follow appropriate legislation in relation to client data protection and confidentiality and how to follow appropriate legislation in relation to client data protection and confidentiality. You will be able to explain the benefits of physical activity and their relation to reducing the risk of disease, including relevant guidelines for different ages and dose-response relationship. You will also be able to explain the difference between eustress and distress and the implications of distress on health and wellbeing as well as provide information on stress management techniques. You will also be able to identify the agencies involved in promoting physical activity for health in their home country. You must check and maintain an exercise environment to ensure it is safe for clients to use. You will use appropriate cleaning equipment and products to maintain the cleanliness of the exercise environment. You will demonstrate the correct and safe way to perform cardiovascular exercises, resistance exercises, functional exercises, flexibility exercises and mobility exercises. You will show that they understand how to use the different types of gym-based equipment used for each type of exercise and why a particular piece of equipment may be preferable to another. You will also be able to demonstrate how to adapt exercises based on a client's fitness or individual needs and be able to explain how each component of fitness is trained by specific exercises. You will need to demonstrate an understanding of the principles of training and how these are used to develop an exercise session. You will write a series of exercise sessions to explain how the principles of



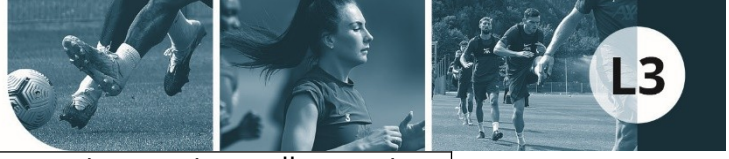
	training are progressed to develop a client's fitness for a specific goal. Finally, you will need to apply biomechanical concepts to the series of exercise session plans. The written report and video/audio evidence covering health and safety, types of exercise and use of equipment to meet clients' needs in an exercise environment and the client programme cards and case studies for health and safety must cover the information contained in the following eight sections: **Section 1: Forming working relationships with clients** • The definition of the exercise customer • Customer needs, expectations and aspirations within the fitness facility environment • Identifying appropriate products and services to customers • Meeting clients reasonable needs and requests • Client care for the client and the organisation • The importance of dealing with client needs to their satisfaction • Demographics of customers in the local area. • Products and services for customer demographics • Social support and inclusion within the fitness facility environment • The customer journey in a fitness facility environment • Self-presentation in line with organisational standards • The importance of customer retention and ways to influence customer retention • Principles of customer service • Customer communication and engagement • Qualities of a fitness instructor • Organisations, customer's charter/service promise • Safeguarding for children and vulnerable adults • Following industry codes and ethics for professional conduct • National legal responsibilities of the instructor • Compliance and appropriate legislative requirements and appropriate licences for music, products, broadcasting, public performance • Appropriate insurance guidelines; public liability, personal indemnity • Following health and safety guidelines and legislation **Section 2: Client screening processes** • Reasons for screening • Physical, psychological and social reasons for clients' participation • Types of information that can be collected from clients and methods of collection • Gaining client feedback to ensure they understand the reasons for the collection of information and how it will be used • Selection of appropriate screening methods for different types of clients



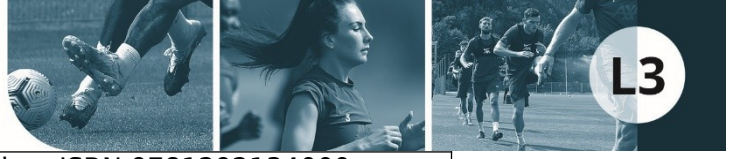
	• Health assessments • Adolescents – screening should be carried out by a qualified youth physical activity instructor • Identifying risks and referring clients • Data protection and client confidentiality **Section 3: Benefits of physical activity and exercise programmes** • Prevention and management of common health condition **Section 4: Methods to improve client participation in regular exercise** • Importance of educating clients about own role, responsibilities and limitations in providing assistance • The full range of activities/services/classes across the facility available to clients and how to provide further information about them • Different demographics/fitness levels/goals of clients and how best to cater for their differing needs. • Client's exercise preferences • Analyse and interpret client information to identify goals • Goal setting, based on analysis of client's needs, SMART targets, review and evaluate progress, adapt accordingly • Working with clients to agree short-, medium- and long-term goals appropriate to their needs • Managing client's expectations related to their participation in exercise • Reviewing exercise programme • Allocating resources and aligning training to available resources • Technology to support participation • Digital media • Understand the stages of behaviour change approaches and strategies • Incentives and barriers to participation in exercise • Physical activity and exercise adherence • Stress • Overtraining, signs and symptoms of overtraining • Know about different agencies involved in promoting physical activity for health in the local and national area • Ensuring the environment, equipment and training are suitable for all clients **Section 5: Health and safety in an exercise environment** • National, local, legal and organisational procedures for health and safety for working in a fitness environment • Working as a member of a team • Persons responsible for health and safety in a general fitness environment • Maintaining a clean and safe exercise environment • Risk management procedures • Dealing with accidents, injuries and signs of illnesses • Accessing up to date health and safety information to carry out all work tasks safely and responsibly



	• Legislative rights and responsibilities for workplace health and safety • Manufacturer's guidelines for use, maintenance and storage of equipment • Music licence fees • Gym inductions **Section 6: Types of exercise and exercise equipment** • Types of gym-based exercise equipment • Cardiovascular machines • Free weights • Resistance machines • Resistance training equipment, the effects of the following on exercise and the participant • Variable resistance • Cardiovascular exercises • Fixed resistance machine exercises • Body weight exercises • Free weight exercise • Lifting, passing and spotting techniques • Small equipment **Section 7: Principles of training** • Components of health-related fitness and skill-related fitness • Factors that affect the components of health related and skill related fitness • FITT principles • Additional principles of fitness • Characteristics of aerobic and anaerobic activities • Exercise prescription for health, wellbeing and physical fitness • Sport-specific exercise • Relationship between physical fitness, health-related exercise, sports-specific exercise • Training methods • Cardiovascular exercise • Resistance exercise • The Muscular Strength and Endurance (MSE) continuum • The benefits of MSE training in relation to health • Functional exercise and functional equipment • Flexibility and range of motion exercise • Programming exercise for physical fitness • Programming exercise for health benefits **Section 8: Components of gym-based exercise sessions** • Warm-up • Cool-down • Safe alignment of exercise position • Alternative exercises to potentially harmful exercises • Health and environmental factors which can influence safety and group or individual working space • Developing client co-ordination by building up exercises/movements up gradually • Intensity • Impact • Alternative exercises for individual needs



	• Effect of speed of movement on posture, alignment and intensity • Importance of muscle balance in exercise sessions
Criteria covered by this task:	
Unit/Criteria reference	To achieve the criteria, you must show that you are able to:
A.P1	Carry out and interpret the results from client screening processes for two contrasting clients demonstrating methods to develop good working relationships.
A.P2	Explain the responsibilities of a fitness instructor and methods they can use to provide effective client care and improve client participation and adherence in exercise to provide benefits to their health and wellbeing.
B.P3	Demonstrate knowledge of health and safety in the exercise environment through appropriate cleaning methods, risk assessments and procedures to deal with accidents and injuries.
B.P4	Demonstrate correct use of equipment and technique for cardiovascular, fixed resistance machines, free weights, functional and flexibility training exercises.
B.P5	Produce a series of exercise session plans that follow the principles of training, describing how the principles of training are used to develop specific components of fitness and improve body composition.
A.M1	Assess client screening information from two contrasting clients and provide lifestyle recommendations to improve each individual's participation in regular exercise.
B.M2	Asses the importance of correct use of equipment and appropriate exercise session planning to maintain the health and safety of clients.
AB.D1	Justify lifestyle recommendations and exercise session plans for two contrasting clients to improve their participation in regular exercise.
Checklist of evidence required	A written report and video/audio evidence covering health and safety, types of exercise and use of equipment to meet clients' needs in an exercise environment and client programme cards and case studies for health and safety, covering the following areas: • Forming working relationships with clients • Client screening processes • Benefits of physical activity and exercise programmes • Methods to improve client participation in regular exercise • Health and safety in an exercise environment • Types of exercise and exercise equipment • Principles of training • Components of gym-based exercise sessions
Resources	**Textbooks** Adams M et al – BTEC Level 3 National Sport (Performance and Excellence) Student Book (Pearson, 2010) ISBN 9781846906510 Adams M et al – BTEC Level 3 National Sport Teaching Resource Pack (Pearson, 2010) ISBN 9781846906541 Gledhill, A., et al. (2016), BTEC Nationals Sport Student



	Book 1, Pearson Education, ISBN 9781292134000 Hall S – Basic Biomechanics (Mcgraw-Hill Education, 2014) ISBN 9781259095535 Heyward V H – Advanced Fitness Assessment and Exercise Prescription (Human Kinetics, 2006) ISBN 9780736057325 ISBN 9780736042109 Sharkey B J and Gaskill S E – Fitness and Health (Human Kinetics, 2006) **Journals** International Journal of Sports Science and Coaching Journal of Physical Activity and Ageing Journal of Physical Activity and Health Journal of Sports Medicine and Physical Fitness **Websites** BBC Sport www.bbc.co.uk/sport